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For Immediate Release

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West Valley City Family Fitness to Honor Veterans

WHAT: West Valley City Family Fitness Veterans Day Activities

WHEN: November 8 – 12: Activities to honor veterans
November 11: Free admission for any member of the military (with military ID) and their immediate family

WHERE: West Valley City Family Fitness Center, 5415 West 3100 South

WHO: All patrons of the Family Fitness Center (members and non-members) are invited to participate. Members of the military (with military ID) and their immediate family are invited to enjoy free admission to the Fitness Center on Wednesday November 11.

WHY: The West Valley City Family Fitness Center will honor United States Veterans November 8 – 12 by providing several activities for all Fitness Center patrons throughout the week, and by providing free admission to military members and their immediate family (Wednesday, November 11 only).

Sunday through Thursday, all visitors to the Family Fitness Center are invited to take a few moments to write letters of thanks to those serving our country overseas. Materials will be provided for all ages, and at the end of the week, the notes will be sent to troops.

The West Valley City Family Fitness Center has also partnered with Operation Give and will be supporting their "Operation Stocking" project by collecting items to fill Christmas stockings to be sent to troops. These items may be necessities or even something fun to remind the troops of home during the holidays. Suggested items include guitar picks, harmonicas, socks, yo-yos, games, CDs, DVDs, hand sanitizer, deodorant, playing cards, lotion, lip balm, eye drops, sunglasses, bug spray, shampoo, shaving cream, disposable razors, dominos, pens, pencils, toothbrushes, toothpaste, dental floss, individual packages of tissue, holiday cards, and disposable cameras.

In addition to these fun activities for Family Fitness center patrons, the Family Fitness Center will offer free admission to any member of the military (with military ID) and their immediate family on Wednesday, November 11.

For more information, contact the Family Fitness Center at (801) 955-4000.

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